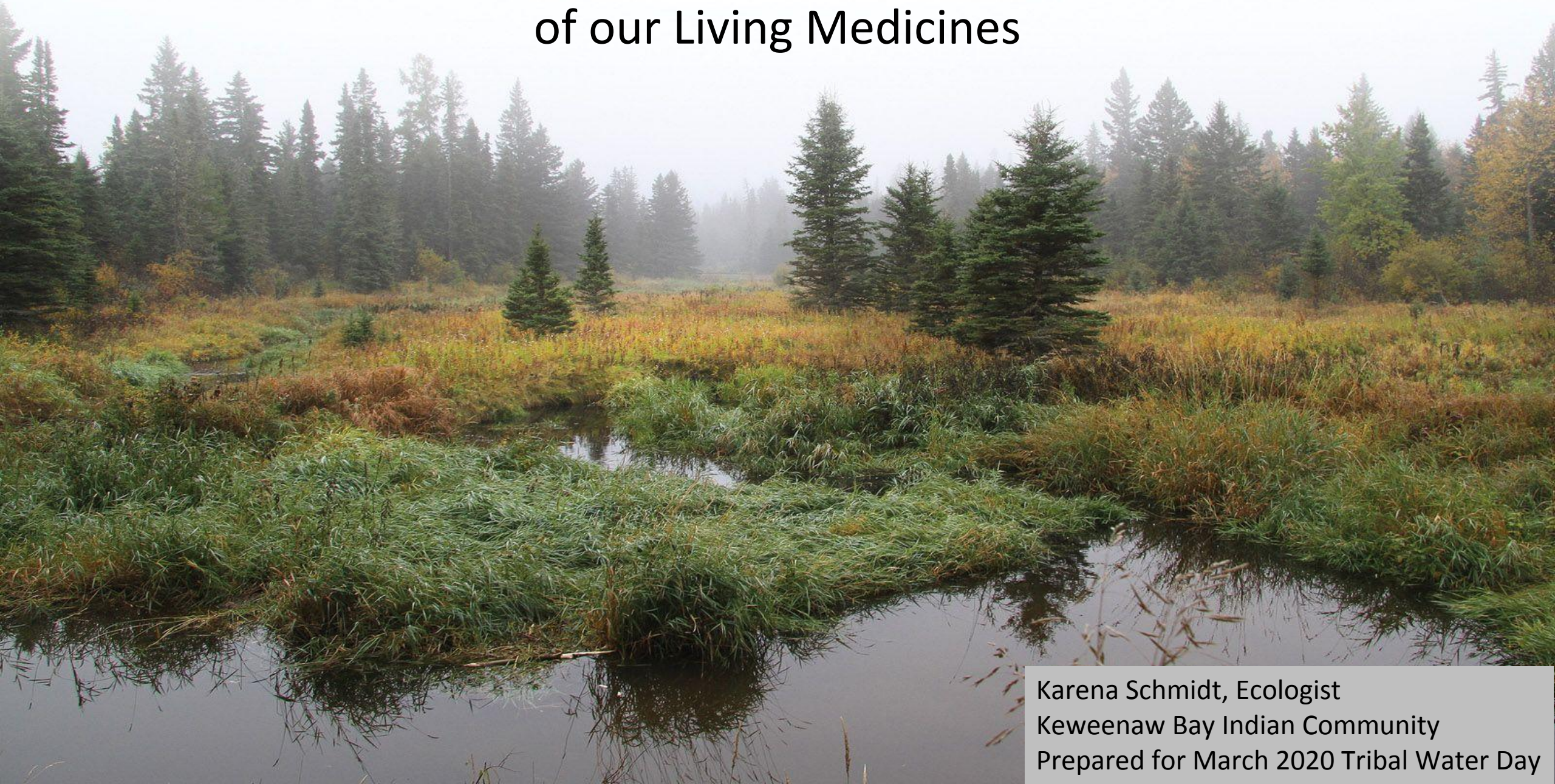


Wetlands are the Keepers of our Living Medicines



Karena Schmidt, Ecologist
Keweenaw Bay Indian Community
Prepared for March 2020 Tribal Water Day

Amikode' has the heart to help create and protect wetlands. With wisdom Beaver listens with clarity and a sound mind before altering his environment



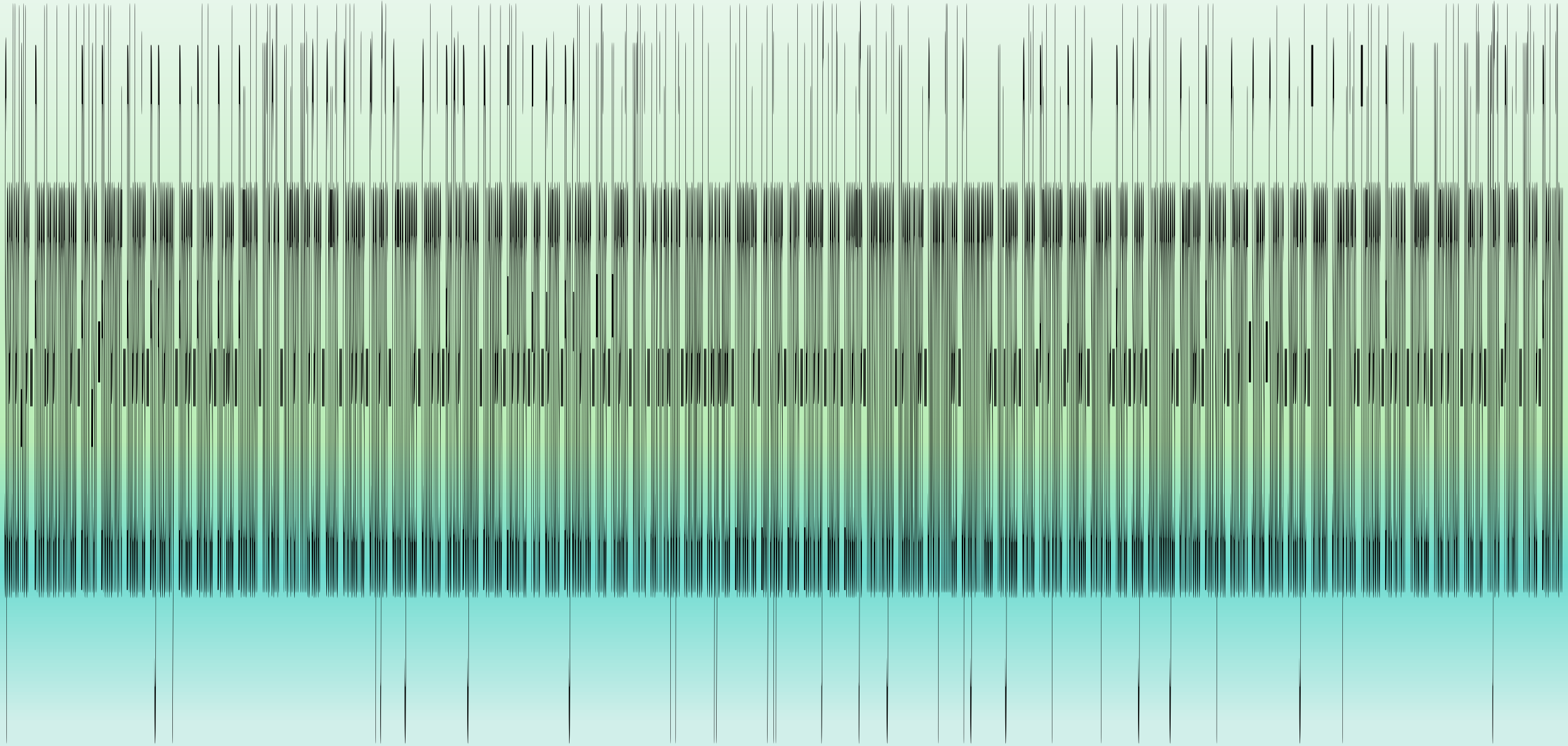


A song to be sung
while gathering roots

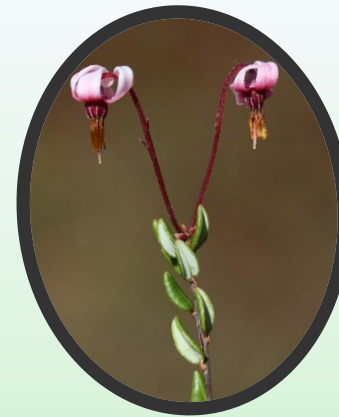
*I go to gather roots
Give me direct guidance
That I may get the
proper roots.
Here is tobacco;
You, -- maker of roots*

Nin ba ba odji'bike
Minode ni nowi nimicin
Da mino wi dji'bikei'an
O'o'we'dasa'ssema
Gi wedji'bikei'en

These plants of the wetlands have need of one another



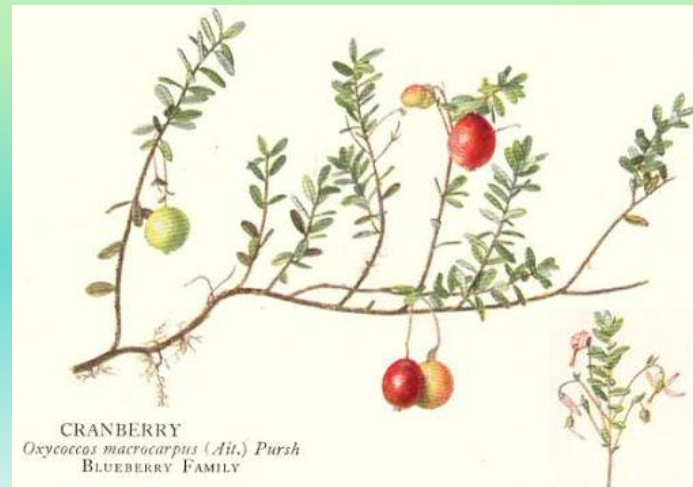
Mashkigimin
Cranberry *Vaccinium oxycococcus*



Reciprocity

What Cranberry gives to us ** What we can give to Cranberry

- Delicious red fruits high in Vitamin C
- Juice treats urinary tract infections
- Sipping cranberry pulp beverage alleviates asthma attacks



- Keep waters gently flowing
- Close pathways to pollutants that may enter wetlands
- Give gratitude

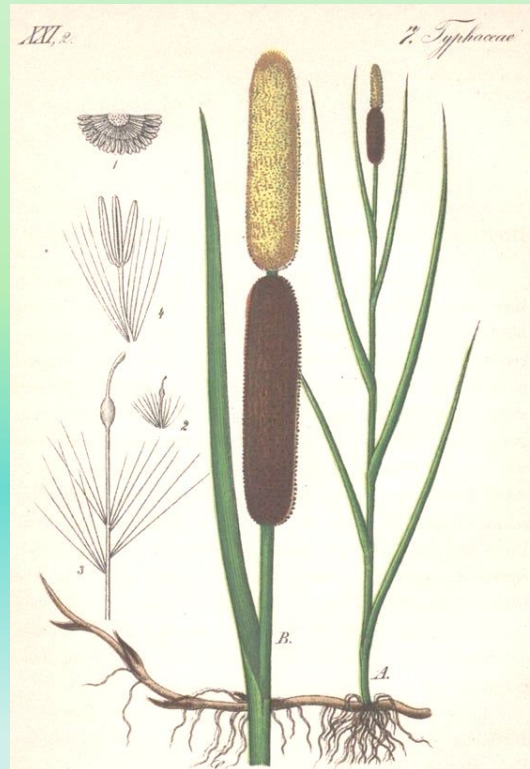
Apakway
Cattail *Typha*
latifolia



Reciprocity

What Cattail gives to us ** What we can give to Cattail

- Pollen high in protein
- Weave leaves into mats
- Roots harvested in fall yield healthy starches
- Jelly between young leaves relieves itching



- Control influx of Reed Canary grass
- Prevent stagnation of waters
- Limit pollutants from entering ditches

Bogbean *Menyanthes trifoliata*



Reciprocity

What Bog Bean gives to us ** What we can give to Bog Bean

An herbal tea made from the leaves used to:

- Balance irregular moontimes
- strengthen appetite
- aid indigestion, and enhance nutrient absorption – although bitter tasting



- Admire its beautiful flowers
- Keep adjacent habitat pure
- Discourage road development near wetlands

Mashkiigobag

Labrador tea *Rhododendron*
groenlandicum



Reciprocity

What Swamp tea gives to us ** What we can give to Swamp tea

- herbal tea is high in Vitamin C
- Wonderful aroma in sweat lodge
- Helps to cleanse kidneys
- Tea is cleansing and calming



- Leaves are slow-growing so harvest gently
- Protect habitat to the benefit of pollinators
- Remember to safeguard the beneficial root fungus
- Encourage species diversity in wetlands

Gidagi-bineobag
Marsh five-finger *Comarum*
palustre
or cinquefoil



Reciprocity

What Marsh five-finger gives to us ** What we can give to Marsh five-finger

- Herbal tea treats stomach cramps
- Heals infection in intestines
- Red dye from flowers



- Keep purple loosestrife out of wetlands
- Do not trample wetlands
- Encourage healthy pollinator habitat

Ogitebag

Marsh Marigold *Caltha*
palustris



Reciprocity

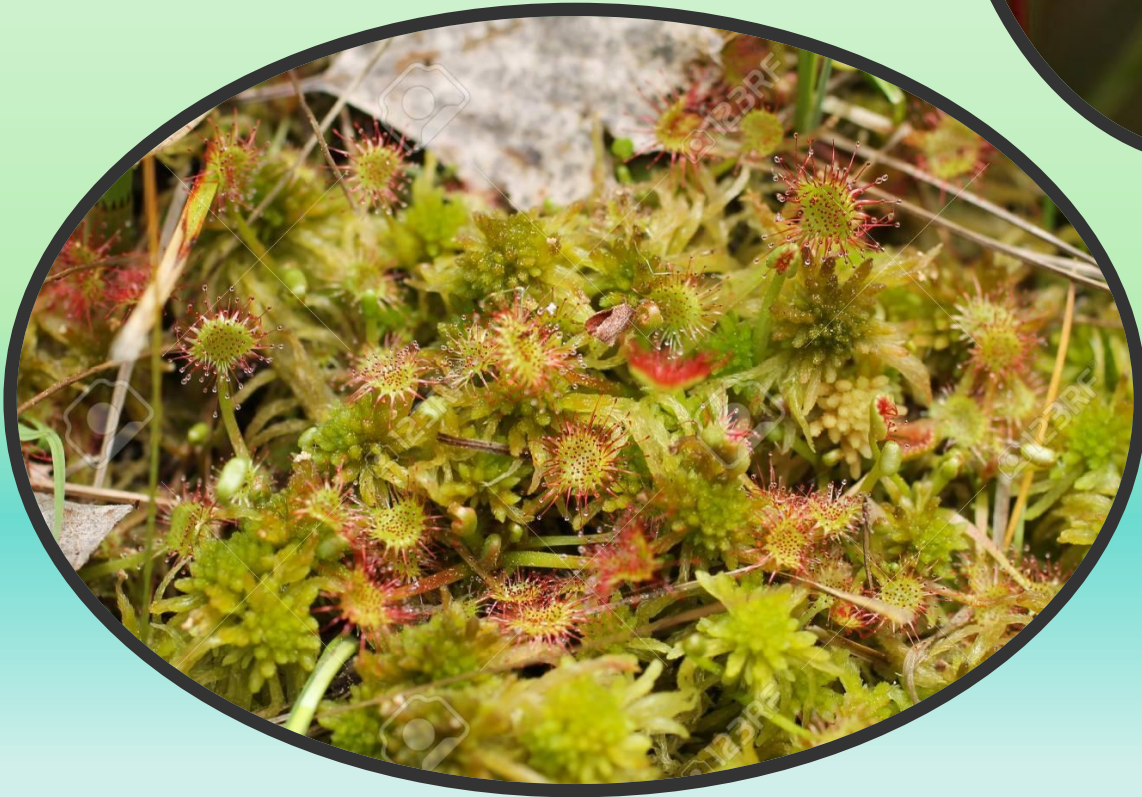
What Marsh marigold gives to us ** What we can give to Marsh marigold

- Poultice of roots to treat sores
- Tea from leaves is laxative
- Beautiful big yellow flowers in early spring



- Avoid herbicide use in ditches
- Do not toss litter outside
- Learn about the value of wetlands because we protect what we love

Wawiaeneegaeguhnsh
Sundew *Drosera*
rotundifolia



Reciprocity

What Sundew gives to us ** What we can give to Sundew

- Has antibacterial agents
- Effective treatment for whooping cough
- Remedy for warts



- Admire their ability to obtain Nitrogen by capturing insects
- Think of ways to reduce your fossil fuel consumption
- Feel happy when you discover a sundew

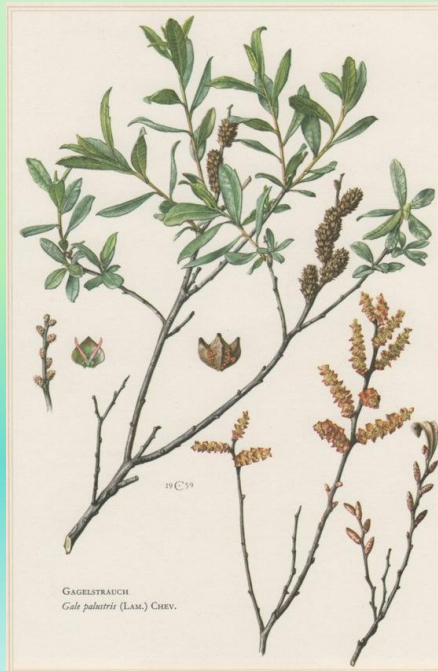
Wa'sawasni'mike
Sweet gale *Myrica*
gale



Reciprocity

What Sweet gale gives to us ** What we can give to Sweet gale

- Excellent mosquito repellant
- Relationship with bacteria helps them add beneficial nitrogen to soil
- Leaves and nutlets delicious seasoning for meats



- Volunteer to help remove invasive species
- Keep stuff that washes into storm drains free of pet poo, toxic chemicals, fertilizers, and motor oil -- these eventually wash into our wetlands and pollute them
- Appreciate their wonderful fragrance

Miskwaadesi carries the teachings of life on his back. Turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination.



We need the tonic of wildness



